

197 Tyndall airmen selected for staff sergeant



Tech. Sgt. Sean E. Cobb

Lt. Col. Dave Freaney, 1st Fighter Squadron commander, far right, congratulates some of the 1st FS's newest staff sergeant selectees, from left to right, Senior Airman Shawn C. Tufts, 1st FS debrief technician, Senior Airman Anthony E. Brown, 1st FS aircrew life support specialist, Senior Airman Jennifer A. Whalen, 1 FS intelligence specialist and Senior Airman Diane G. Jaeger, commander's support staff specialist.

DOD rations anthrax vaccine

WASHINGTON (AFP) — The Department of Defense announced July 11 that it is temporarily slowing its Anthrax Vaccine Immunization Program effort. Most of the remaining vaccine will be used to help protect those most at risk serving in the high-threat areas of Southwest Asia and Korea.

"Basically, they will begin administering the anthrax vaccine in-country instead of at continental locations before personnel depart," said Staff Sgt. Greg Smith, 325th Medical Operations Squadron immunizations NCOIC.

The DOD will continue new starts for the highest risk personnel serv-

ing in the high-threat areas; other new starts will be deferred. Those personnel who have begun the shot series, but have since departed the high-threat areas also will be deferred. A full resumption of the vaccination effort will occur when a sufficient supply of Food and Drug Administration-approved and certified safe and effective vaccine is available.

"Here at Tyndall we have a very short supply of doses, so we will not be administering the vaccine much longer," Smith said.

"While we regret this necessity, we do not have a sufficient supply of vaccine at this time," said Secre-

tary of Defense William S. Cohen. "We will expand our vaccination effort as soon as logistically feasible, with FDA-certified vaccine. In making the decision to protect our service members against anthrax, we put safety first.

"We determined that vaccination is the safest, most reliable way to protect our service members from a potential threat that is 99 percent lethal to unprotected, untreated individuals. Anthrax remains the top biological warfare threat to U.S. troops, and the vaccine is our safest, most effective weapon to pro-

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RANDOLPH AIR FORCE BASE, Texas — The Air Force released the staff sergeant promotion list Wednesday.

The Air Force selected 19,605 of 38,654 eligible senior airmen for promotion to staff sergeant. This represents an overall 50.72 percent selection rate for the 00E5 cycle — for an all-time, record-setting percentage.

The complete list of selectees becomes available on the Air Force Personnel Center's World Wide Web home page at: www.afpc.randolph.af.mil today, by the end of the duty day.

"Year 2000 promotion promises more of the same good news we had in 1999," said officials at AFPC. "Vacancies within each grade drive those promotions, and as long as the vacancies exist, we will continue promoting our best qualified to the next higher rank." As evidenced by the higher rates, tremendous opportunity for advancement exists in today's Air Force for those willing to put forth that extra effort on the job and preparing for promotion tests. "The increased promotion rates seen in the last few years are a result of the return to stable force structure and end-strength levels following years of drawdown," added center officials.

In addition, Air Staff force structure officials stated the primary reason for increased promotion rates is our transition to a higher percentage of "Top five" NCOs previously at 45 percent of the enlisted force, now at 52 percent and headed to 56 percent. Continued retention challenges in the midst of a booming economy and thriving civilian job market also played a role in the greater number of vacancies.

People who tested are expected to receive their score notices in late July, allowing them to see just how they stacked up against their counterparts.

The average selectee score for the staff sergeant test cycle was 266.48 points based on the following:

●1130.12 Enlisted Performance Reports

●149.48 Promotion Fitness Exam

●154.39 Specialty Knowledge Test

●122.08 Time in Grade

●113.13 Time in Service

●11.21 Decorations

The average selectee has 2.63 years time in grade and 4.51 years in service. Those selected will be promoted to staff sergeant from September 2000 to August 2001.

Tyndall's newest staff sergeant-selects are:

325th Services Services Squadron

Scott A. Linza

Theodore F. Tetreault

Jvonne K. Wilson

325th Fighter Wing

Jeffery N. Benenhaley

Daniel L. Jeffries

Jimmy D. Rich II

Jeremy R. Smith

David K. Speed

Brian M. Tomko

Jason L. Winer

325th Training Squadron

David S. Anderson

Damon T. Davidson

John R. Dulac

Jennifer A. Hooker

Kenneth R. Josey

Steven R. Ward

1st Fighter Squadron

Anthony E. Brown

Robert J. Dawson

Nicholas D. Dunn

Michael L. English

Jesse K. Hanna

John A. Inman

Diane G. Jaeger

Christopher R. Jaramillo

Jeffrey R. Kaepf

Joseph R. Kempf

Jason S. Knutson

Stephen P. Putaski

Donald M. Rozman

Charles W. Sanders

Michael J. Sextro

Patrick C. Smeed Jr.

Shawn C. Tufts

Robert T. Walsh

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Tyndall NCO Academy gets new commandant

Commandant vows to serve, care for people

Master Sgt. Brian Howard
Tyndall NCO Academy

Colonel William Shields, College of Enlisted Professional Military Education commander, officiated as Chief Master Sgt. Anderson Edwards accepted the responsibility of leading the Tyndall NCO Academy after Chief Master Sgt. Karen Saline retired following 25 years of service. Saline held the reigns of the NCOA for over two years. Edwards becomes the ninth enlisted commandant to head the organization.

Although Edwards comes to Tyndall from Sheppard AFB, Texas, where he was the superintendent of the military personnel flight, he is no stranger to the local area. He is a native of Panama City where he graduated from Bay High in 1971 and received an associate of science degree from Gulf Coast Community College before entering the Air Force in 1974.

In 1984 he attended the academy he now leads and was a member of Team Tyndall from 1986-1993 as an information manager and as a first sergeant.

Edwards is not foreign to the educational arena either, completing every level of enlisted PME and holding a master of business administration specializing in human resource management from Wayland Baptist University. He is also a member of several professional organizations, including the Air Force Sergeants Association, Chiefs' Group and Toastmasters International.

During the change-of-leadership ceremony, Edwards addressed some "nuts and bolts" issues as he noted, "There are many continuing challenges on our plates, such as classroom expansion to

increase student capacity, facility and technological improvements, and recognition and time-management issues."

The new commandant also expressed

his understanding of the human resource side and how it relates to the mission of the organization when he stated, "I believe in taking care of people, so the job will take care of itself." He further said, "There is a Bible verse that says, 'He who is chief among you, let him serve'... ladies and gentlemen I am here to serve." Edwards is married

to the former Elaine Jones, also of Panama City. They have two children, Athena and Andrew. Athena is a senior at the University of West Florida, Pensacola and Andrew is a freshman at the Nebraska College of Technical Agriculture, Curtis Neb.



Chief Master Sgt. Edwards

AFPC ready to assist when hurricanes strike

RANDOLPH AIR FORCE BASE, Texas — With the hurricane season in full swing, Tyndall and Air Force officials want to remind all personnel that the Air Force Personnel Readiness Center is available to field questions and provide assistance and guidance when Air Force installations are affected by natural disasters. To help disseminate information faster, Tyndall has also activated a contingency phone number for assistance.

The Air Force Personnel Center's PRC phone number is (800) 435-9941.

Tyndall's toll-free contingency phone number is (877) 529-5540.

The Tyndall main operator's phone number is (800) 896-8806.

The AFPC/PRC is established to expedite and coordinate important staff actions during emergencies, natural disasters or crisis situations. The 24-hour operation is activated during situations requiring prompt, timely actions concerning Air Force people.

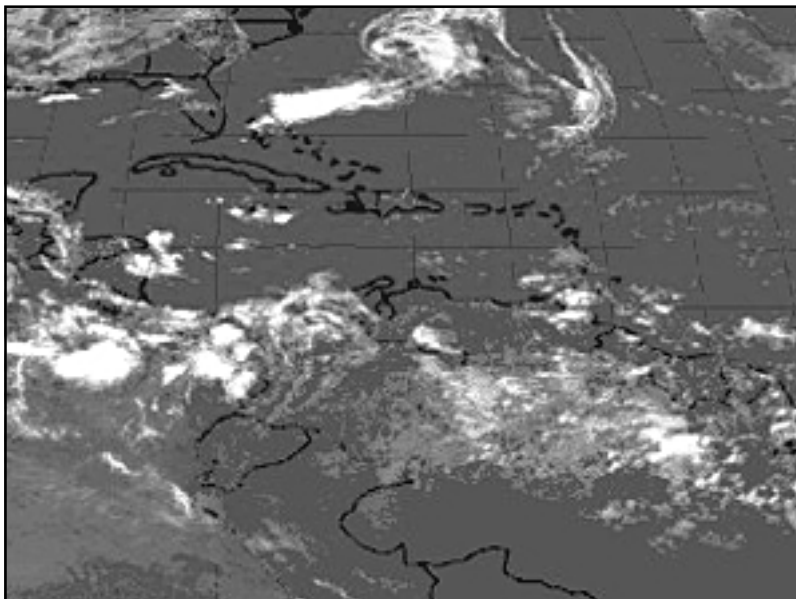
The PRC acts as a central point of contact to pass on information from an installation's command authority to its people in the event personnel

are evacuated and communications have been damaged or impaired.

The Tyndall number was developed by a base-working group as a major step toward disseminating critical information during contingencies such as hurricanes. This information line will also inform people if no evacuation is anticipated, and can

also be used to inform military and civilian members when they can return to work.

Along with a hurricane evacuation kit, members should keep these numbers nearby to stay informed prior to an evacuation and once they have arrived at an evacuation location.



There are no Atlantic tropical storms forecast at this time, but the situation could change with little notice — it is always better to be prepared.

●STAFF from Page 1

Jennifer A. Whalen
Terisa B. Womack
325th Mission Support Squadron
Tammy L. Clere
Angela B. Cook
Amy C. Davis
April C. Haskins
Shar A. Jordan
Jason J. Justice
Yahil J. Sanchez
2nd Fighter Squadron
Jamie S. Andrews
Jennifer L. Bailey
Jeffrey Barksdale
Michael B. Bartz II
Clinton D. Dauzat
Kevin G. Gorham
Christopher E. Hoggarth
Paul E. Howells
Brian L. Johnson
Bradford J. Jones
Earl S. Lancaster
Gregory A. Mullinax
Marco A. Musquiz
Michael L. Samsel
Eric A. Sanders
Guy B. Walker
Paul R. White
Donald C. Wigington
325th Security Forces Squadron
Nicholas B. Aulisio
Jeffrey U. Cadogan

Richard S. Crim
Amy T. Davidson
David J. Everson II
Derek E. Griffin
Roy P. Heineman
Robby G. Kindernay
Kevin M. Maticka
David B. Patton
Christopher L. Romano
Christopher T. Wagar
Kerry O. Warren
325th Civil Engineer Squadron
Jonathan C. Bamburg
Tyler H. Carpenter
Heidi N. Hoekstra
Scott M. Kless
Heather M. Megee
Joshua L. Pedraza
Edward J. Seeley
Jason P. Smith
Nathan E. Walch
325th Maintenance Squadron
Christopher S. Brattain
Jeffrey S. Carsten
Adam M. Decent
Jamar V. Jordan
Christopher S. Lakkala
Terrence L. Packey
William M. Rash
Alessandro Rodriguez
Terry D. Sligh
Craig B. Sorensen
BobbieJo Walden
325th Communications

Squadron
Michael D. Blair
Donna M. Brattain
Brian S. Bussie
Vilmarys Crossen
Amy M. Delvalle
Jerry J. Droeder
Christin L. Gunning
Terry L. Hansen
Amanda D. Harvel
Rochelle K. Hoskins
Sean P. Hufstetler
Kevin N. James
Sany J. Rivera
Jamie F. Schwilk
Wendy S. Turissini
372nd Field Training Squadron, Detachment 4
Erika D. Benson
325th Logistics Group
Othaey A. Fisher
325th Operations Group
Timothy P. Bennett
Keith Castille
Gary J. Manuel
Jason B. Martin
Anthony J. Seymour
Christopher Unger
325th Logistics Support Squadron
Thomas A. Speranzi
325th Operations Support Squadron
Cindy R. Abbott
Clayton W. Abbott II
Tonya L. Blackwell

Michelle Lynn Bush
Kevin P. Davis
Michael V. Davis
Michael Debruicker
Richard C. Gantt
Gerardo J. Jaime
Kevin M. McGarry
Vincentpaul D. Reyes
Sheila M. Stenson
Gregory R. Strobel
Shaone M. Thompson
Juan C. Torres
Nya S. Watt
325th Contracting Squadron
Glenn Gordian
Matthew T. Graham
NCO Academy
Christy N. Miller
325th Medical Support Squadron
George H. Atkinson
Lisa M. Elder
Eric J. Ford
David A. Kolcun
Felicia M. Kujawski
Janis L. Scott
Kevin D. Thompson
325th Medical Operations Squadron
Victor L. Anderson
Matthew A. Burton
Deryl M. Cavness
Tanya Chisolm
Kimmie N. Coates
Suzanne C. Cournoyer
Mellisa C. Crawley

Robert L. Edwards
Benjamin L. Garcia
Monique Mastropasqua
Erica A. Oneil
Steven W. Ross
Marion V. Sanders
Brand S. Smith
Tonya M. Tochehoward
325th Aero-medical Dental Squadron
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Chandra Y. Hicks
Lori S. Prescott
Michael S. E. Wright
Tracie L. Wymer
Detachment 1, 325th Fighter Wing, Corry Station
Kimberly S. Caban
Latangla M. Roberts
313th Training Squadron, Corry Station
Bridgette R. Thomas
Detachment 2, 361st Training Squadron, NAS Pensacola
John T. Marvin III
Dettachment 2, 66th Training Squadron, NAS Pensacola
Shawn P. Studer
William M. Willis
95th Fighter Squadron
Paul S. Bradley
Travis Breitreutz
Dathan T. Brown
Brian K. Crawford
Floyd J. Gardner
Charles D. Hawkins

Thomas E. Larson
Joel Lopez
Daniel McAllister
Danny M. Smith
23rd Flying Training Squadron
Michael R. Alarie
82nd Aerial Targets Squadron
Jerry L. Ferguson
83rd Fighter Weapons Squadron
Joshua A. Jones
Joseph A. Martel
Matthew P. Porter
Jason N. Swats
81st Test Support Squadron
Sasha McIlwain
Rachel F. Parmer
Detachment 1, 823rd RED HORSE Squadron
John T. Austin
James J. Delo Jr.
Derek R. Kelly
Detachment 1, 85th Test and Evaluation Squadron
Jeffrey W. Cory
Johnny A. Lockhart
16th Electronic Weapons Squadron
Shane L. Edwards
Roger D. Stewart
Troy D. Thompson
Air Force Research Laboratory
Carl M. Womack

AF unveils F-22 radar

Tech. Sgt. Mike Spaits
Air Force Print News

BALTIMORE — The F-22 Raptor took another step closer to becoming the “backbone of U.S. Air Dominance” recently with the unveiling of its advanced avionics radar system. According to Lt. Gen. Stephen B. Plummer, principal deputy, Office of the Assistant Secretary of the Air Force for Acquisition, these components will help the F-22 guarantee U.S. air supremacy well into the next century.

“The American people expect their Air Force to continue to dominate the skies, just as we have for decades, and the F-22’s unique capabilities will make that possible,” said Plummer at the radar’s unveiling.

This system provides “the capability to provide battlespace knowledge to the pilot on an unprecedented basis,” he said. The integrated avionics package offers pilots situational awareness through sensor fusion and data display that is far superior to any aircraft flying

today or on the drawing board.

“The Raptor’s true worth will be measured in American lives saved through dominance of the skies in future combat and by conflicts prevented because ‘would-be’ enemies

understand and respect the unmatched combat power of the F-22,” he said. The F-22 is the replacement aircraft for the F-15 Eagle and is expected to become operational around 2005.



Photo courtesy of Boeing

The F-22’s integrated avionics are tested in a simulated cockpit aboard a flying test bed to enable extensive in-flight testing, evaluation and troubleshooting before the avionics are ever installed on the Raptor.

SECDEF approves medal

Kosovo participation recognized, rewarded

RANDOLPH AIR FORCE BASE, Texas — The Secretary of Defense recently approved the wear of the NATO Medal by U.S. service members and civilians for operations related to Kosovo.

Eligibility criteria for the medal are:

- Participation in NATO operations related to Kosovo (Oct. 13, 1998 to a date to be determined) for 30 days (continuous or accumulated) in the area of eligibility. The AOE is the land, seas, or air space of Kosovo; other territories of the Federal Republic of Yugoslavia (FRY: Serbia, Montenegro, Croatia, Bosnia & Herzegovina, and Slovenia); Albania, Macedonia, and the Adriatic and Ionian seas.
- Aircrew participating in Operation Allied Force between March 24, 1999-June 10, 1999 with 15 sorties into Kosovo and FRY.

- Aircrews who didn’t participate in OAF accumulate one day of qualifying service for the first sortie flown on any day.
- Wounded or injured and requiring subsequent evacuation from the defined AOE, regardless of time in the area.
- Ninety days (continuous or accumulated) within the territories of Italy, Greece and Hungary in direct support of NATO operations conducted in the AOE.

Air Force Personnel Center officials say only one NATO medal/ribbon is authorized for wear. “Therefore, service members will wear the NATO medal they were awarded first, and should they become eligible for the other NATO medal, it would be indicated by a bronze service star on the first NATO medal.”

Members and/or units who believe they are authorized the award should provide documentation, such as copies of official orders and travel vouchers, decorations, EPRs/OPRs, flight logs, etc., that assign them to the approved operations to their servicing military personnel flight career enhancement element to verify their entitlement.

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tect our people against that threat,” he said.

When FDA-released vaccine is again available, the full scope of the program will be resumed. Precise plans for resuming vaccinations will be based on the recommendation of the Centers for Disease Control and Prevention Advisory Committee on Immunization Practices and consultation with the FDA.

“Additionally, we need to assure a sufficient, long-term supply of vaccine,” the secretary said. “Protecting our service members is far too important for us to rely on a single source. We are immediately and aggressively seeking a second U.S. source of anthrax vaccine.”

“By having a second source, we can have greater confidence and comfort that a sufficient supply of safe and effective vaccine will be available to protect our service

members against anthrax,” Cohen said.

More than 455,000 service members have started their vaccinations and more than 1.8 million vaccinations have been given. To be fully protected, service members are vaccinated using the FDA-approved protocol of six immunizations over an 18-month period, plus annual boosters.

For more information, call immunizations, 283-7570.

**Think
before
you
drink.**

Viewpoint

Gulf Defender Editorial Staff

Maj. Gen. Walter E. Buchanan III
325th FW commander

Capt. John Dorrian
325th FW public affairs officer

1st Lt. Catie Devlin
chief, internal information

Tech. Sgt. Sean E. Cobb
NCOIC

Tech. Sgt. Mona Ferrell
editor

Teresa Nooney
News Herald staffer

e-mail
editor@tyndall.af.mil

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The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129, or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

Safety stats

Category	'00	'99	Trend
On duty	1	0	+1
Off duty	7	6	+1
Traffic	3	1	+2
Sports	3	5	-2
Fatalities	1	0	+1
DUIs	11	7	+4



Commander's corner: Tyndall honors staff selects, looks at safety

Maj. Gen. Walter E. Buchanan III
325th Fighter Wing
commander

Once again we have great news as we congratulate all of our new staff sergeants! *Team Tyndall* had 197 members on the promotion list this year, showing we have some of the best people in the Air Force. This step in the NCO ranks is significant as it marks the transformation from the rank of airman to sergeant; it represents our first level of supervision. NCOs are the backbone of our Air Force and these young airmen we promote today are the key to our future. I salute you all as you make that step. Your responsibility will increase, but you are more than ready for the challenge — your supervisors, commanders and I have full confidence in your abilities. Best of luck and congratulations!

I would also like to congratulate technical sergeant selectee **Paul R. Pruitt** and master sergeant selectee **Mark J. Baughman** who were recently selected for promotion in the supplemental promotion cycle. You have both proven that you have what it takes to move up in the Air Force, we wish you the best of success.

It's hot out there, and we're

not even halfway through the summer! Whenever we get into these high-heat and high-humidity days, the danger of heat-related injuries increases dramatically. Be careful, moderate your efforts in the heat, and drink plenty of water. Keep an eye on people around you. They may not realize they are becoming overheated. Remember, we are a team so look out for your buddy. Supervisors need to do their part as well. Make sure we schedule and manage outdoor projects smartly. Rotate your folks and remember we never ask anything of our folks we are not willing to do ourselves. We have a lot of important work to do, but we can't do it if we don't take care of our people first!

On the subject of safety, we are halfway through the 101 critical days of summer. Now is not the time to sit back and relax. Many of you still plan to take vacations this summer, and most of us play hard during our time off. Be careful. There are many summer activities that are potentially dangerous. Watch what you are doing, and don't put yourself or those around you in harm's way. The last thing we want is to lose or hurt one of our own.

Stay safe, stay cool and have a great Air Force week.

Taking care of family

Master Sgt. Brian K. Carnicle
Detachment 4, 372nd Training
Squadron
first sergeant

As everyone prepares for the approaching Air Education and Training Command Inspector General inspection in January 2001, one area that can easily be overlooked is family care planning. As specified in

First



Word

Air Force Instruction 36-2908, Family Care Plans, "all Air Force members with families will have family-care arrangements that cover all reasonably practical situations, both short- and long-term." This statement makes family-care planning a responsibility for all Air

Force members; however, only single parents, dual-military couples with family members, and members with civilian spouses who have unique family situations must complete an Air Force Form 357, Family Care Certification. By completing the AF Form 357 you and your first sergeant are certifying that family-care plan arrangements are in place and the plan will work. If you are unsure

whether you need to complete an AF Form 357, need more information about family care planning, or just have family-care questions, see your unit first sergeant. It is vitally important that we take care of our families; by doing so, we take care of ourselves.

Action Line



Tech. Sgt. Sean E. Cobb

Mary C. Shores looks on as Maj. Gen. Buck Buchanan, 325th Fighter Wing commander, welcomes 2nd Lt. Leonard M. Shores back from Officer Training School at Maxwell AFB, Ala. Shores, a former staff sergeant in the 95th Fighter Squadron, is en route to Grand Forks AFB, N.D. to be an aircraft maintenance officer.

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first

sergeants or facility managers. If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For **fraud, waste and abuse** calls, you should talk to the office of inspections, 283-4646. Calls concerning **energy abuse** should be referred to the energy hot line, 283-3995.

Maj. Gen. Walter E. Buchanan III
325th Fighter Wing
commander

Q: I have to take exception with an article printed in the June 23 issue of the *Gulf Defender*. The story was on page five and written by the 325th Security Forces Squadron first sergeant. He states in his article on benefits that, "Full medical and dental benefits are provided to dependents and retirees at minimal cost through the TRICARE managed-care plan."

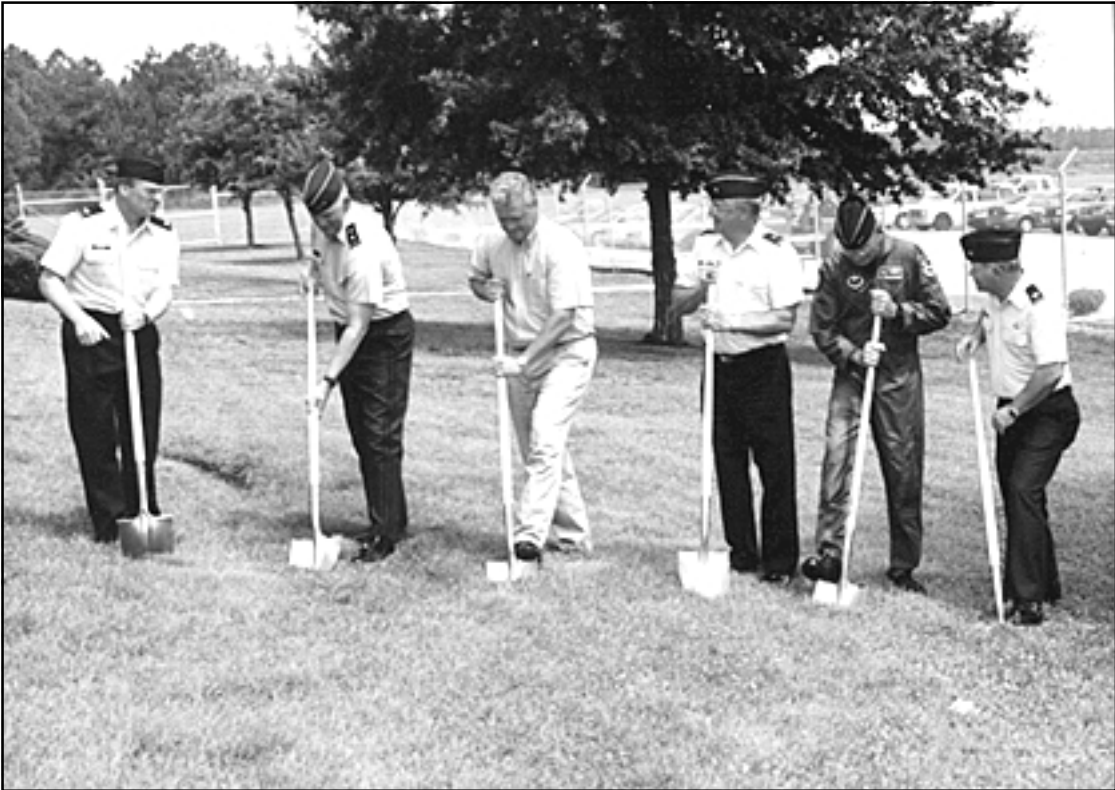
As a retiree over 65, I can assure you that it is not at minimal cost, and TRICARE provides no managed-care for retirees. We are currently fighting battles to ensure that we are given our dues as promised for medical benefits, and articles like this lead younger troops to think something is there for them in later years which might not be the case. If you are going to publish articles on a viewpoint page, please make sure they are accurate.

A: Thank you for your concern regarding medical benefits to retirees. You are correct in stating that the medical and dental benefit package available for over-65 retirees and their family members is different than the package

available to active-duty members, under-65 retirees and family members of these individuals. The TRICARE PRIME program (Department of Defense's Managed Care Plan option) is not available currently to retirees and their family members who are Medicare-eligible (over 65). However, the retiree dental program is available to all Uniformed Services retirees and their eligible family members regardless of age.

We regret the confusion caused by the original article. As you are undoubtedly aware, the DOD and Congress continue to debate the issue of medical care to retirees and family members, particularly the over-65 retirees who are eligible to participate in the Medicare program (the government's health-care plan for the elderly).

To avoid confusion, we shall ensure future articles clarify this difference. As always, we shall continue to keep you informed regarding the status of medical care for all DOD retirees and their family members residing in the Tyndall area.



Lisa Carroll

SEADS breaks ground

The long-awaited co-location of the SEADS command section and support directorates with the operations center will soon become reality. In a ceremony July 14, Col. Ted Kraemer, SEADS commander, along with Maj. Gen. Ronald Harrison, Florida's Adjutant General, State Representative Allan Bense, of Florida's 6th District, Brig. Gen. Douglas Burnett, Florida's Adjutant General for Air, Maj. Gen. Walter Buchanan III, 325th Fighter Wing commander and Col. Ralph Stewart, special assistant to the SEADS commander, broke ground for a new building addition to adjoin the operation center.

This addition will provide 10,000 square feet of work space for the command section and support staff and is the first of two building additions. When asked what these new building additions would mean to the people and the mission of SEADS, Kraemer said, "This project will increase our operational effectiveness by consolidating our command and control functions and allow us the opportunity to realign our organization for the optimal performance of our mission — protecting the American homeland." Completion of this project is expected in the spring of 2001.

Avoid problems, update DEERS

Air Force Personnel Center

The Defense Enrollment Eligibility System is a world-wide database of active-duty family members, retirees and their family members and others who are eligible for TRICARE benefits. Although active-duty service members and military retirees are automatically registered in DEERS, active-duty family members and eligible survivors must physically register.

Because DEERS information is not automatically updated, you must update your file when you move. When DEERS files are outdated, problems arise. This is especially true of incorrect home addresses. Information listed in DEERS is frequently used to send out information about health benefits. About half of the addresses for AFDMs are estimated to be incorrect because DEERS was not updated when the families moved.

"Members who have recently changed residences should ensure the following steps are taken to ensure DEERS eligibility continues without a break in service," said Master Sgt. Whitney K. Jackson, 325th Mission Support Squadron career enhancement chief.

"There are two ways they can do this; one, report to the commander's support staff and update the PC III locator; and two, report to the military personnel flight and update DEERS.

"Updating DEERS must be accomplished in person since verification of a person's social security number must be done at the time of the change," she said. "Failure to take the steps above will cause problems for individuals who haven't kept their records current when the new DEERS software is loaded this fall.

Problems also arise when DEERS is not notified of a change in the family status, such as marriage, divorce, birth or adoption. Your TRICARE benefits may be denied because DEERS has not been updated to reflect a new spouse or child. A claim may also be paid by mistake because DEERS has no record of divorce or death. With an incorrectly paid claim, the government is required by law to request reimbursement, regardless of who is at fault.

Tyndall units are doing everything they can to avoid people having these problems, but they need everyone's help to make sure the

process is completed properly, Jackson said. "We have already been working hard trying to get individuals to keep their addresses updated for 'recall purposes,' now there is an additional reason to keep your data current — all your medical benefits are at stake if you don't."

There are some other ways to update your (DEERS) information:

- E-mail changes to: addrinfo@osd.pentagon.mil.
- Fax changes to: (408) 655-8317.

- Mail changes to: DEERS Support Office
Attention: COA
400 Gigling Road
Seaside, Calif. 93955-6771

DEERS address changes may also be made on line at: www.tricare.osd.mil/DEERSAddress/.

For more information, call the DEERS support office at its toll-free numbers:

- (800) 538-9552
- (800) 334-4162 (California only)
- (800) 527-5602 (Alaska and Hawaii)

DEERS support office hours of operation are 12 a.m.-6 p.m., Monday-Friday.

Tyndall's chapel schedule

Protestant	Reconciliation: 4 p.m. Saturday
Communion Service: 9:30 a.m. Chapel 1	Mass: 5 p.m. Saturday, Chapel 2
General Protestant Service: 11:00 a.m. Chapel 2	Mass: 9:30 a.m. Sunday, Chapel 2
Sunday school: in recess for the summer	Religious education: in recess for the summer
Kids' Club: in recess for the summer	Chapel 1: 283-2691 Chapel 2: 283-2925
Catholic	Spiritual Maintenance: 283-2367
Daily Mass: noon Monday through Friday, Chapel 2;	Other faith groups: Call 283-2925

Tyndall's Vacation Bible School will be 8:45-11:45 a.m. Monday-28 July in Building 1476 next to Chapel 2 and across the street from the health and wellness center. For more information, call Staff Sgt. John Glass, 283-2925.

Hacker exposes computer-security benefits

Maj. Harry Edwards
Air Force Materiel Command
public affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — Debra Banning sends people mischief and trouble every day, and the Air Force pays her to do it. She and her staff are “computer hackers” and they are very good at their work.

Banning recently spoke at the first Information Assurance Symposium at Air Force Materiel Command headquarters, Wright-Patterson AFB. The symposium brought together both military and civilian leadership and technicians to work information-assurance issues such as virus protection, cyber attack and security procedures.

“The very thing that gives the information age its power is also a weakness ... its openness,” said Lt. Gen. Charles Coolidge Jr., AFMC vice commander regarding the symposium. “We must provide security, but it must be tailored for the users, streamlined and transparent.”

“Information assurance is the effort to protect and defend our information and information systems from any form of degradation, to include intentional attack,” said Banning, who works for defense contractor Booz, Allen and Hamilton. In her team’s simulated attacks, they try to help plug holes in the Air Force’s information networks that real hackers exploit.

As the “I-love-you” bug and its close relatives have shown recently, cyber attacks can be effective and costly. Damage estimates for this latest round of viruses total more than \$10 billion. Security experts for the defense department have identified 11 separate foreign state-run programs that target U.S. government computer systems.

According to the Air Force Computer Emergency Response Team, cyber attacks occur every day. They handled more than 3,700 incidents in 1997. By 1999, that number doubled to more than 9,000 incidents.

“This is only a percentage of the actual number of attempts, only the ones we see,”

Banning said. “The number of incidents in 2000 is projected to be more than 17,000.” Air Force officials at all levels agree information is already a critical battlefield component. In times past, decision making might have taken days, weeks or months due to the speed information needed to make those decisions traveled. Today, it is very close to a continuous information flow which necessitates a continuous decision-making process.

Security programs and procedures are the basic tools used to combat these intrusions. Senior leadership is aware many people disregard these procedures because they are inconvenient.

“Some of the procedures we must use to safeguard our information are difficult to perform,” Banning said. “But all it takes is one individual to take the ‘easy shortcut’ and it puts the entire system at risk from cyber attack.”

Choosing obvious passwords is a common problem. “When people use passwords that are easy for them to remember, they’re also making it easier for intruders to crack,” said Staff Sgt. Thomas A. Stafford, 325th Communications Squadron NCOIC information protection operations. “People should use more care when selecting their passwords.”

Banning voiced similar warnings. “If an enemy can degrade our ability to process information and communicate by attacking our infrastructure or our information, we will be at a great disadvantage,” she said. “And this could mean loss of lives.”

Information assurance is critical to implementing the Defense Department view of the future, as portrayed in Joint Vision 2020, said retired Air Force Vice Chief of Staff Gen. Thomas S. Moorman, Jr.

“Not only do we want information assurance, we are seeking information dominance,” he said.

This requires everyone to do their part in keeping computer networks, information and systems secure, Banning said. And it’s not always going to be easy.

Serious threats to systems are not only external, but internal as well. There are security measures in place to defeat many of the more basic attack strategies, however, users seem to find these procedures “difficult” and ignore them. Simple things such as password protection, using anti-virus software, or opening suspicious e-mail attachments are ignored and have caused great problems in the past, according to Banning.

“No single solution will give us information assurance,” she said. “This effort requires a defense in depth. We need to employ a multitude of security mechanisms, at different levels in the enterprise, to protect against a wide range of attack scenarios. IA is only achieved through a balance of

technology, people and operational procedures.” This is the challenge, Banning said. “Computer-system users must learn the policies and procedures needed to protect this resource from exploitation by our enemies,” she said. “We must use the procedures we have to provide for a continuous decision-making ability.” Stafford agreed. “Security is a process. It must be something that’s integrated into every computer action,” he said. “Every day, people should consider computer security, making it their first priority when opening e-mails, using the Internet and completing other computerized tasks,” Stafford added. “Computer security is something everyone has a stake in.”



Tech. Sgt. Sean E. Cobb

Using all available password protections is an important part of anyAir Force computer-user’s day as Senior Airman Jeff N. Benenhaley, 325th Fighter Wing command section NCOIC, demonstrates by logging into the system.

Features

Cooking, eating healthier for life

Tech. Sgt. Sean E. Cobb
*325th Fighter Wing
public affairs*

No longer just grapefruit, sliced celery and salads with no dressing — cooking and eating healthily has moved into many new and tasty dimensions, according to the staff of the Tyndall Health and Wellness Center.

When it comes to cooking more healthily, there are many reasons to do so, but the best ones are within yourself, said Capt. Carma J. Pauli, 325th Medical Support Squadron registered dietitian. “Good nutrition is linked to a decreased risk of many medical conditions, and in general helps you live a longer, healthier and fuller life,” she said.

Cooking and eating healthily is something people will benefit from the sooner they start, Pauli said. “Everyone should eat healthily. A person should start early in life and continue it throughout their life. Parents can help out with this by being a good example.”

Cooking healthily doesn’t have to be hard, said Master Sgt. Ronald J. Hagen, 325th MDSS certified dietary manager and nutritional medicine service NCOIC. “A lot of eating and cooking healthily boils down to having the willpower. People simply need to think about their food choices before they shop, and then carry that through and make the right selections at the store,” he said. “It’s just as easy to grab the skim milk off the shelf as it is to grab the whole milk.”

However, when shopping for healthy foods, there are some things to be wary of when reading labels, Hagen said. “Just because a food is fat-free doesn’t mean it is calorie-free. Foods such as fat-free cookies, fruit juices and sports drinks may be fat-free, but they can be loaded with calories.”

Besides the health benefits of cooking healthily, there are some flavor benefits also, said Senior Airman Eric J. Ford, 325th MDSS diet therapy journeyman. “Healthy food is not tasteless,” he said. “There are a variety of ways to spice and season foods that will help them taste good. There are also many healthy foods that are naturally delicious, such as fresh fruits and vegetables.”

When cooking foods, Ford also offered some other healthy cooking tips.

- Try cooking sprays instead of butter, margarine or oil to prepare

foods and prevent sticking.

- Buy lean meat and trim all visible fat before cooking.
- Remove skin from poultry and fish.
- Replace butter on toast, pancakes and waffles with jam or fruit spreads.
- Use two egg whites in place of each whole egg.
- Use canned evaporated skim milk instead of whole milk.

The way foods are cooked has quite an impact on how healthy they are to eat, Ford continued. “Cooking healthily can be fun, and it can also be quite tasty. Sometimes it is a matter of how you cook,” he said. It’s better to grill, bake, boil or steam foods than to fry them in oil or cook in butter and creams. These preferred cooking methods will also bring out the natural tastes of foods instead of disguising their flavors.”

So when should a person eat healthily? Do you have to eat only the healthy food you prepare yourself? Certainly not, Hagen said. “A person should try and eat healthy all the time. Even when eating out you can watch your portions, look for healthy items on the menu, ask questions about how the food is prepared and eat smaller portions of high-fat foods such as burgers and fries.”

Pauli agrees that eating healthily all the time can be done. “All foods can fit into a healthy eating plan. People just need to select healthy choices when not at home, prepare foods in a healthy manner and maintain the proper portion sizes,” she said. “Moderation, variety and balance are three main keys to eating healthily.”

When it comes to finding information on these three main points, people don’t have to look far, Pauli said. “People can find information on healthy-eating practices in numerous places, to include bookstores and the internet — but the best place to find this information is to stop by the health and wellness center and see the nutrition staff.

“You don’t even have to talk with someone,” Pauli said. “If you are in a hurry, we have brochures, recipes and tips all along the walls and in brochure displays. We would be more than happy to educate people on healthy eating habits.”

For more information, call the health and wellness center, 283-3826.



Tech. Sgt. Sean E. Cobb

Capt. Carma J. Pauli, 325th Medical Support Squadron registered dietitian, demonstrates some healthy cooking practices in the health and wellness center kitchen.

Some quick, easy low-fat recipes

Chicken with fresh fruit Salsa

Ingredients:

- ½ cup chopped fresh apricots, peaches or nectarines
- 1 small tomato, chopped
- ¼ cup chopped red onion
- ¼ teaspoon finely shredded gingerroot
- ¼ teaspoon minced garlic
- 1 pound boneless, skinless chicken breasts, all visible fat removed

Preheat broiler. In a medium bowl, combine all ingredients except chicken breasts. Set aside. Rinse chicken and pat dry. Place chicken on grill of unheated broiler rack. Grill or broil four to five inches from the heat about five minutes or until lightly browned. Turn and grill or broil about five minutes more, or until chicken is tender and no longer pink. Serve with fruit salsa.

Note: If fresh fruit is not available, use canned and drained apricots or peaches canned in fruit juice.



Vegetarian fiesta Wrappers

Ingredients:

- ¼ cup low-fat sour cream
- 8 fat-free tortillas
- 8 lettuce leaves
- ½ cup chopped black olives
- ½ cup chopped green onions
- 1 avocado
- ¼ cup picante sauce
- 1 can fat-free refried beans
- ½ package taco seasoning
- 24 very thin slices of tomato
- 1 cup shredded fat-free cheddar cheese

Mix together sour cream and taco seasoning. Spread thin layer of beans, sour cream and blended avocado on each tortilla. Sprinkle with olives, cheese and layer with tomato slices. Cover each tortilla with a lettuce leaf. Roll up and cover with plastic wrap. Cut in half.

Fat-free taco dip

Ingredients:

- 1 can fat-free refried beans
- 8 ounces fat-free sour cream
- 1 package taco seasoning
- ½ head chopped lettuce
- 1 diced tomato
- 2 cups fat-free cheddar cheese

Layer refried beans in an eight-inch casserole dish. Mix sour cream and taco seasoning, layer on top of refried beans. Layer lettuce and tomato, then top with the cheese. Serve with baked tortilla chips.

Our children in action ...

‘School’s out for summer’

1st Lt. Catie Devlin
325th Fighter Wing
public affairs

For many of us, summertime brings back childhood memories of running through sprinklers, eating ice cream, going to camp and playing “capture the flag” or “kick the can” until the street lights came on. For our children, it means days of fun-filled activities at Tyndall’s Youth and Child Development centers — two places where Tyndall’s kids are making summertime memories of their own.

The youth center focuses its summertime activities around the interests of the child. “We run a school-age program, open-rec program and sports program to accommodate children ages 6 to 18,” said Jeannie Holland, Tyndall Youth Center school-age program assistant. “Each week, there’s a themed mini camp from 8:30 a.m.-noon and a ‘free-choice’ play session every afternoon. A few of our mini camps include cooking camp, sports camp, media camp and cheerleading camp — the children sign up Mondays for the camp that interests them.”

Field trips with the youth center seem to be a regular summer event as well. “We have one big field trip each month,” Holland said. “This month we’re going to Gulf World. Smaller groups take field trips to the bowling alley, roller-skating rink and places like Shipwreck Island. We have a lot of fun here over the summer.”

As for the CDC, it’s business as usual. “We do have a few special things planned throughout the summer such as water play, field trips to the park, picnics, trips to the library and visits to a local farmer’s market,” said Martha Robinson, CDC director. “But mostly, we continue to focus on keeping our 6-week to 5-year-olds happy.”

For more information on summertime activities for Tyndall’s children, call the youth center, 283-4366, or call the CDC, 283-4747.

(Editor’s note: There are currently a few openings available at the CDC for children ages 12- to 35-months old.)



Photos by 1st Lt. Catie Devlin

Top: Dakota Christianson, 6, works diligently putting together Legos at the Tyndall Youth Center. **Far left: Kendra Featherston, 6,** spends her afternoon at the youth center making a flower out of fuse beads.

Left: Ashlyn d’Albertis, 4, tends to her baby doll, during playtime at Tyndall’s Child Development Center.

Bottom left: Jade Lang, 4, has a make-believe tea party with some of the dolls in one of the CDC’s doll houses.



‘Responsible’ drinker nearly wrecks career

Courtesy of 325th Medical Group Alcohol and Drug Abuse Prevention and Treatment Program

Imagine you’ve gone to an awards banquet on base. You’ve had a good evening with your friends and co-workers. You’ve lost a few “coin checks” and bought a few rounds; everyone is quite happy. You say you are a “responsible” drinker.

You ate a good meal, you only had four drinks throughout the last four hours and you don’t appear to be impaired in any way. Your supervisors look a little worn, but insist they too are “responsible” drinkers — no problem. You only live 12 miles from base, so you decide it is time to leave and you’re sure you are just fine. You drive off base and figure the worst is over — what could happen? Now you’re two miles from home, you’re speeding a little, — it’s late and no one else is on the road — what could happen? SLAM!! Suddenly, there’s a car stopped in front of you; the light changes to red. Now you are the one responsible for an accident — and you have been drinking.

The major mission of Air Education and Training Command is training. We teach everything from basic training to technical training — in very arduous career fields from electronics to medical to pilots. We also provide professional, mid-level management training in Airmen Leadership School and NCO Academy. As members of the Air Force, we set the standard for new airmen all the way up to mid-level management students. We are the representatives of this wonderful country to leagues of students from all over the world. The importance of this mission bears a heavy burden on us and some of us relieve that stress inappropriately — by drinking too much. We need to understand what they see us do, they will do. We must take this job seriously, take a look at ourselves, become more aware of the effects of alcohol and truly lead by example.

Do you drink too much? Channing Bete Co., Inc. puts out many pamphlets on the subject. Here are a few questions I’d like you to answer seriously (true or false):

- I’d rather “hang out” with people who use alcohol than those who do not.
- I’ve driven a car while under the influence of alcohol.
- I’ve had a blackout (loss of

- memory) after using alcohol.
- When I’m sober, I think about the next time I’ll be able to drink.
 - I regret something I said or did while under the influence of alcohol.
 - I turn to alcohol when I’m angry, bored, worried, lonely or insecure.
 - I use alcohol to “escape” from problems.
 - I sometimes drink alone.
- If you answered “true” to any of these questions you could benefit from talking to someone about your drinking habits. The more you answered “true,” the higher at risk you are for being a problem drinker or, possibly, an alcoholic. Only you can answer the question, “Do I drink too much?” But understanding the effects alcohol has on your body may help you avoid the scenario I opened with.

The effects are unpredictable. The old rule of thumb says your body processes alcohol at a rate of approximately one average drink per hour, with a drink being defined as one 12oz. beer, one glass of wine, or a 1½ oz. shot of liquor. This is an average based on your metabolism, your weight, what you have eaten and even your mood. One drink could impair your responses and affect your ability to drive. Only time can sober you. What can you do?

You and I are the examples for other military members and the civilian population we serve. We must “lead” by doing the right thing — by being truly “responsible.” Think of the consequences if you get behind that wheel. You could be in an accident that causes injury or even death. If you drink, even one drink, you should seriously consider your next move ... I wish I had.

I am the “responsible” drinker who totaled two cars, sent the other driver to the hospital with back injuries and placed my 18-year Air Force career in jeopardy. Yes, I lost a job that I loved due to the fact that I was caught doing something a great number of you are still doing. I lost my promotion to Master Sergeant and almost lost my retirement.

I cannot drive on base, can only drive to and from work during certain hours. I have a breathalyzer ignition-interrupt computer on my car that will not allow me to start my car if I have been drinking and costs me \$60 a month. My insurance fees shot through the roof and I haven’t even gone to court yet.

Luckily, I voluntarily enrolled myself in the Alcohol and Drug



Staff Sgt. John Asselin

Drinking and driving can lead to accidents like the one pictured above. Unfortunately, vehicles are not the only things destroyed in accidents such as these; a service member also lost his life.

Abuse Treatment Program and have learned a lot about drinking, about myself and about my “so-called” friends. Apparently I was only their drinking buddy ... now that I don’t drink, I’m not part of the group. I am not invited to functions where the sole purpose is to drink, and no one cares that I cannot drive myself

anywhere but to and from work. It has been a very rude awakening and has made me realize who my true friends are. I don’t recommend this experience to anyone. Please, you’ve heard all the cliches, but you’re all you’ve got ... think before you get behind that wheel, it could happen to you!

The Tyndall ADAPT Program offers a variety of services for people with substance abuse problems. For information on any of their programs, call 283-7089. *(Editor’s note: a patient attending the Lackland AFB, Texas ADAPT Program wrote this article and we share it here for your benefit.)*



Junior enlisted, family members get ‘prime access’ to treatment

TRICARE streamlines enrollment procedures

Courtesy of the Tyndall TRICARE Center

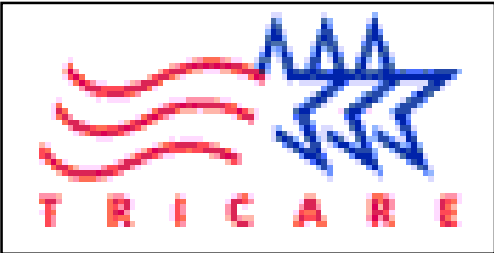
Beginning Oct. 1, 2000, enrolling in TRICARE Prime will be routine for active-duty family members, E-4 and below, who reside in the catchment area of a military treatment facility.

“We continually seek ways to make TRICARE better and more convenient for our beneficiaries. Enrolling our junior enlisted family members in TRICARE Prime will guarantee them priority access at the MTF, just like their active-duty sponsors,” said Dr. H. James T. Sears, TRICARE Management Activity executive director.

“While the vast majority of our active-duty family members, E-4 and below are already enrolled in Prime, some may not be,” Sears said. “As we encounter these families who live in a catchment area, we will offer them the

opportunity to enroll in TRICARE Prime at the MTF, guaranteed. We plan to identify these families when their sponsors go through in-processing after a move or when they call the MTF to schedule an appointment for care. Unit commanders, first sergeants and others can also let us know if we have missed enrolling these families.”

Benefits of TRICARE Prime enrollment for family members include priority access at the MTF (after active-duty members), timely access to a designated primary-care manager and no deductible fees to pay or claim forms for members to file. Equally important, there are no enrollment fees, cost-shares, or co-payments for members who enroll and receive care at the MTF. There is, however, a co-payment of \$6 for family members who receive outpatient care from a Prime network civilian provider.



Family members will be notified in writing by a managed-care support contract representative of their pending enrollment, and receive a current provider list of available MTF primary care managers. Members can choose their own primary-care manager or decline enrollment. Family members who do not respond to the enrollment notification are enrolled in Prime and assigned a primary-care manager.

Enrollment renewal occurs automatically unless the sponsor or responsible individual (i.e., an unmarried spouse, guardian or custodial parent) declines, or is no longer eligible for TRICARE Prime. Family members can transfer their enrollment an unlimited number of times between TRICARE regions during the one-year enrollment period.

Coverage for family members who enroll before the 20th of the month begins on the first day of

the following month. Coverage for family members who enroll after the 20th of any given month begins on the first day of the second month.

When an active-duty member’s rank changes (from E-4 to E-5 or above), family members retain the \$6 outpatient co-payment until the end of their current enrollment period. At the end of the enrollment period, family members can continue enrollment, but the \$6 co-payment for civilian care will increase to \$12.

“In general, we believe TRICARE Prime is the best option for these families; however, enrollment in Prime may not be the best choice for every active-duty family member, E-4 and below,” Sears said. “Some active-duty family members with other primary health insurance may decide TRICARE Extra/Standard offers greater flexibility than Prime.

Family members may terminate their enrollment at any time. Sponsors or the members must notify their regional managed-care support contractor to disenroll from Prime. The choice to accept enrollment or to decline and use TRICARE Extra/Standard benefits is completely

voluntary.

Additional information on TRICARE Prime enrollment is available on the Military Health System/TRICARE web site at: www.tricare.osd.mil, or by contacting a local military treatment facility beneficiary counseling and assistance coordinator, health benefits adviser or TRICARE service center representative.

TRICARE is here to help. If you need assistance, call your TRICARE service center, (800) 444-5445

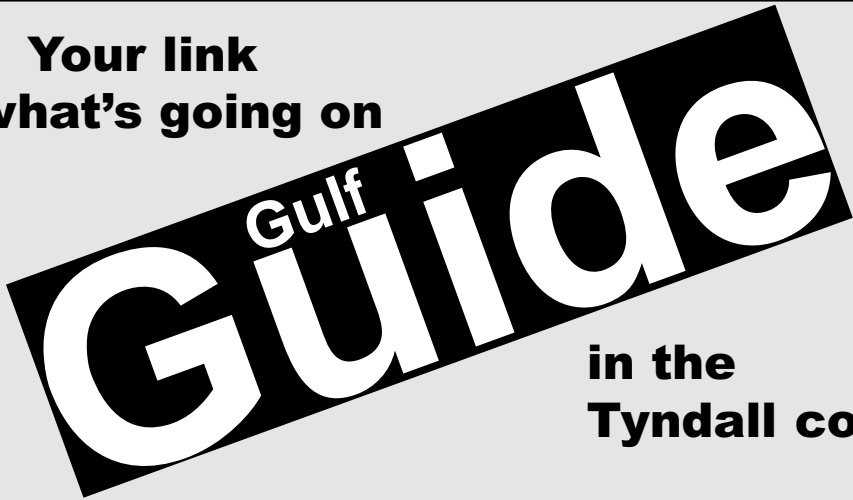


Staff Sgt. John Asselin

Forward ...

The second encampment of the Air Force Reserve Officer Training Corp is in training at Tyndall and motorists should be on the look-out for cadets marching around the installation. The highest pedestrian risk for the cadets is the intersection of Georgia and Illinois avenues across from the base theater and behind the main gate. Cadets cross the street there frequently from 12:30-1 p.m. and motorists are encouraged to be careful.

Your link
to what’s going on



in the
Tyndall community

JULY

FRI 21 **AFROTC schedule**
The Air Force Reserve Officer Training Corps’ second encampment has arrived at Tyndall and will remain here until Aug. 11. Be especially watchful for cadets crossing at the intersection of Georgia and Illinois avenues, across from the base theater, between 12:30-1 p.m. daily. Also, cadet dining hours at Tyndall’s Berg Liles dining facility will be: breakfast, 6-7:12 a.m.; lunch, 11:20 a.m.-12:52 p.m.; and dinner, 4:20-5:32 p.m.

MON 24 **Anger-control workshop**
The three-session anger-control workshop will continue 9-11 a.m. Monday in the family advocacy conference room. For more information or to register, call family advocacy, 283-7272.

Bible school
Vacation Bible school will be 8:45-11:45 a.m. Monday-July 28 in Chapel 2. For more information, call Staff Sgt. John Glass at the chapel support office, 283-2925

TUE 25 **Couples’ workshop**
The four-session couples’ communication workshop will continue 3-5 p.m. Tuesday and Aug. 1 in the family advocacy conference room. For more information or to register, call family advocacy, 283-7272.

WED 26 **Parenthood-prep course**
The four-session parenthood-preparation course will continue 3-5 p.m. Wednesday in the family advocacy conference room. For more information or to register, call family advocacy, 283-7272.

New fathers’ class
A class for new or expectant fathers will be 11 a.m.-noon Wednesday-July 28 in the family advocacy conference room. For more information, call family advocacy, 283-7272.

FRI 28 **SNCO induction ceremony**
A Senior NCOs’ induction ceremony for all new master sergeant selects will be Aug. 11. The attire for the evening will be mess dress or semi-formal. The guest speaker will be retired Chief Master Sgt. Robert D. Gaylor. To sign up, call your first sergeant no later than July 28.

Assumption of command
Col. Charles Shugg will assume command of the 325th Operations Group in a ceremony 9 a.m. July 28 in Hangar 4. Everyone is invited.

SAT 29 **Spouses’ picnic**
A picnic for spouses of active-duty members deployed or on remote tours will be 1-5 p.m. July 29 at Bonita Bay. Family members

are invited to attend and to bring a covered dish. For more information, call Tech. Sgt. Aundra Christon, 283-4856.

MON 31 **Embry-Riddle registration**
Embry-Riddle Aeronautical University’s registration for the fall term will be 8 a.m.-4:30 p.m. July 31-Oct. 7 in Room 48 of the education center. For more information, call the education center, 283-4557.

Play-group meeting
The ‘Mom, Pop & Tot’ play-group meeting will be 10:30 a.m. July 31 at the Highway 77 Zoo. For more information, call Bonnie Fuller, 286-5812.

AUGUST

WED 2 **Stress-management workshop**
A stress-management workshop will be 1-3 p.m. Aug. 2, 9 and 16 in the family advocacy conference room. For more information, call family advocacy, 283-7272.

MON 7 **Archery week**
The Tyndall Youth Center’s archery week for boys and girls age 10-15 will be 5 p.m. Aug. 7-11 at the youth center. The cost for the week is \$15. For more information, call Andy Wallace, 283-4366.

Anger-control workshop
An anger-control workshop will be 2-4 p.m. Aug. 7, 14 and 21 in the family advocacy conference room. For more information, call family advocacy, 283-7272.

NOTES

Survivor Benefit Plan
The Survivor Benefit Plan was developed to meet the needs of the family for continuous income protection following a retirement-eligible member’s death. Coverage is free for retirement-eligible members while on active duty. After retirement, monthly premiums are held in the Military Retirement System Trust Fund, and benefits are paid to eligible survivors from that fund. For more information, call SBP counselor, Ernie Hooper, 283-2276 or 283-2242.

Dental-assistant program
The 325th Dental Operations Flight is accepting applications through Aug. 25 for the American Red Cross-sponsored volunteer dental-assistant training program. Up to five applicants will be chosen for the six-month course scheduled to start Sept. 11. For more information, call Tech. Sgt. Richard Cotterman, 283-7590.

RETIREE NEWS

Korean War medal
United States veterans of the Korean War are now eligible to wear a medal initially offered to them more than 50 years ago, but never issued. In a May 13 letter to Defense Secretary William S. Cohen, the Republic of Korea Defense Minister formally announced that his government would provide the

Republic of Korea War Service Medal to eligible U.S. veterans or their surviving next of kin. The medal will be provided at no cost to veterans. The U.S. Air Force has been designated the lead agency to receive and distribute the medals.

To receive a medal, a veteran must have served between June 25, 1950 and July 27, 1953, been on permanent assignment or on temporary duty for 30 consecutive days or 60 consecutive days, and performed their duty within the territorial limits of Korea, in the waters immediately adjacent thereto or in aerial flight over Korea participating in actual combat operations or in support of combat operations.

To apply, veterans must provide a copy of their discharge paper, DD-214 or DD-215. National Guard members must provide their statement-of-service equivalent. For more information on how to apply for or request the medal, call the Air Force Personnel Center, 7:30 a.m.-4:30 p.m. Monday–Friday, (800) 558-1404, or write to: HQ AFPC/DPPRA, 550 C St. West, Suite 12, Randolph AFB, Texas 78150-4714. Information is also available on the AFPC web site at: www.afpc.randolph.af.mil/awards.

YARD SALES

The following yard sales are scheduled for Saturday: 3573-A Vosler Court, 3585 Adams Court and 46-D Victory Circle. All yard sales are held between 8 a.m.-4 p.m.

BASE THEATER

Today: “Dinosaur” (PG, intense images, 84 min.)
Saturday: 2 p.m. — “Dinosaur”
7 p.m. — “Dinosaur”
Sunday: “Gone in 60 Seconds” (PG-13, violence, sexuality and language, 119 min.)
Thursday: “Gone in 60 Seconds”

BERG LILES DINING FACILITY

Today
Lunch: grilled-strip loin steak, shrimp scampi, barbecued spareribs
Dinner: pork chops with mushroom gravy, stir-fry chicken, french-fried fish portions

Saturday
Lunch: country-style steak, baked ham, Cajun baked fish
Dinner: spinach lasagna, sauerbraten, french-fried shrimp

Sunday
Lunch: grilled bratwurst, chicken a la king, onion-lemon baked fish
Dinner: stuffed flounder creole, baked chicken, Salisbury steak

Monday
Lunch: baked stuffed pork chops, tamale pie, broiled whitefish with mushrooms
Dinner: lasagna, roasted veal, Szechwan chicken

Tuesday
Lunch: Caribbean jerk chicken, southern-fried catfish, teriyaki steak
Dinner: Yankee pot roast, mustard-dill baked fish, country captain chicken

Wednesday
Lunch: jambalaya, barbecued pork loin, hot and spicy chicken
Dinner: Swedish meatballs, lemon-basted sole, pork chop suey

Thursday
Lunch: roasted turkey, chicken Parmesan, golden-fried fish
Dinner: Hungarian goulash, roasted pork loin, baked fish

Menus are subject to change.

Plan for pets when PCSing

SCOTT AIR FORCE BASE, Ill. — For military members making a permanent change of station move with their pets, advance planning is a key factor in reducing stress for both owners and pets.

“Start planning early,” said Tech. Sgt. Mitch Conley, a reservations management specialist, Scott AFB. “As soon as you get an assignment, find out what you need to do. Don’t take it for granted that your pet will be able to accompany you if you haven’t made proper arrangements in advance.”

Advance planning includes knowing what rules and regulations apply to shipping pets on both commercial and military aircraft.

“Rules and regulations may change on short notice,” said Capt. Jennifer Ratigan, veterinarian, Scott AFB. “If you are moving overseas, get the latest information from the country’s consulate, your sponsor in the new area or from a local veterinarian.”

All pets traveling by air need a health certificate issued by a veterinarian within 10 days of travel. However, some countries may also require a military or United States Department of Agriculture veterinarian to complete the health certificate. “It’s always best to check on specific country requirements in advance,” Ratigan said.

“For all travel, remember to carry one copy of all your pet’s health documents on your person, and one copy secured inside a protective cover on the kennel,” Ratigan said. “Purchase a sturdy kennel and provide comfortable bedding and toys for your animal. Write your name, address, the animal’s name and the final destination on the kennel.”

Spotlight



Tech. Sgt. Sean E. Cobb

Senior Airman Antonio J. McCauley

Squadron: 325th Civil Engineer Squadron
Job title: Fire protection journeyman
Years at Tyndall: Two years
Hometown: Fayetteville/Springlake, N.C.
Why did you join Team Tyndall: To make a meaningful difference with my life.
Most exciting facet of your job: Working with a wonderful group of individuals who care as much as I do about protecting and saving government property and the surrounding area.
Short term goals: To make staff sergeant next year and compete successfully for the Rescue, Fire Officer I and Inspector I Schools.
Long term goals: Finish my bachelor’s degree, and then get commissioned or stay enlisted and help others achieve their life goals.
Favorite book: “A Thin Red Line”
Favorite movie: “Car Wash”
Hobbies and off-duty activities: Lift weights, watch Carolina basketball and listen to hip-hop music.

AAFES recalls spinning toy

DALLAS — The Army and Air Force Exchange Service in conjunction with the U.S. Consumer Product Safety Commission and Today’s Kids, of Dallas, is recalling more than 103,000 spinning ride toys.

A center column on the “Music & Lights Kidaround Spinner” can break, causing the child to suddenly fall backward, or be hit in the face by the broken column. Consumers should take these spinning ride toys away from children immediately.

“Tyndall’s Base Exchange has never carried this toy,” said Bobby Prieto, Tyndall AAFES sales and merchandise manager. “We don’t have the item listed anywhere in our computer system for this store. However, almost any time a piece of merchandise is recalled, it’s for safety reasons — in this case, in the best interest of the child.”

The toy is a purple turntable with a

green column through the middle, which is topped by a yellow steering wheel.

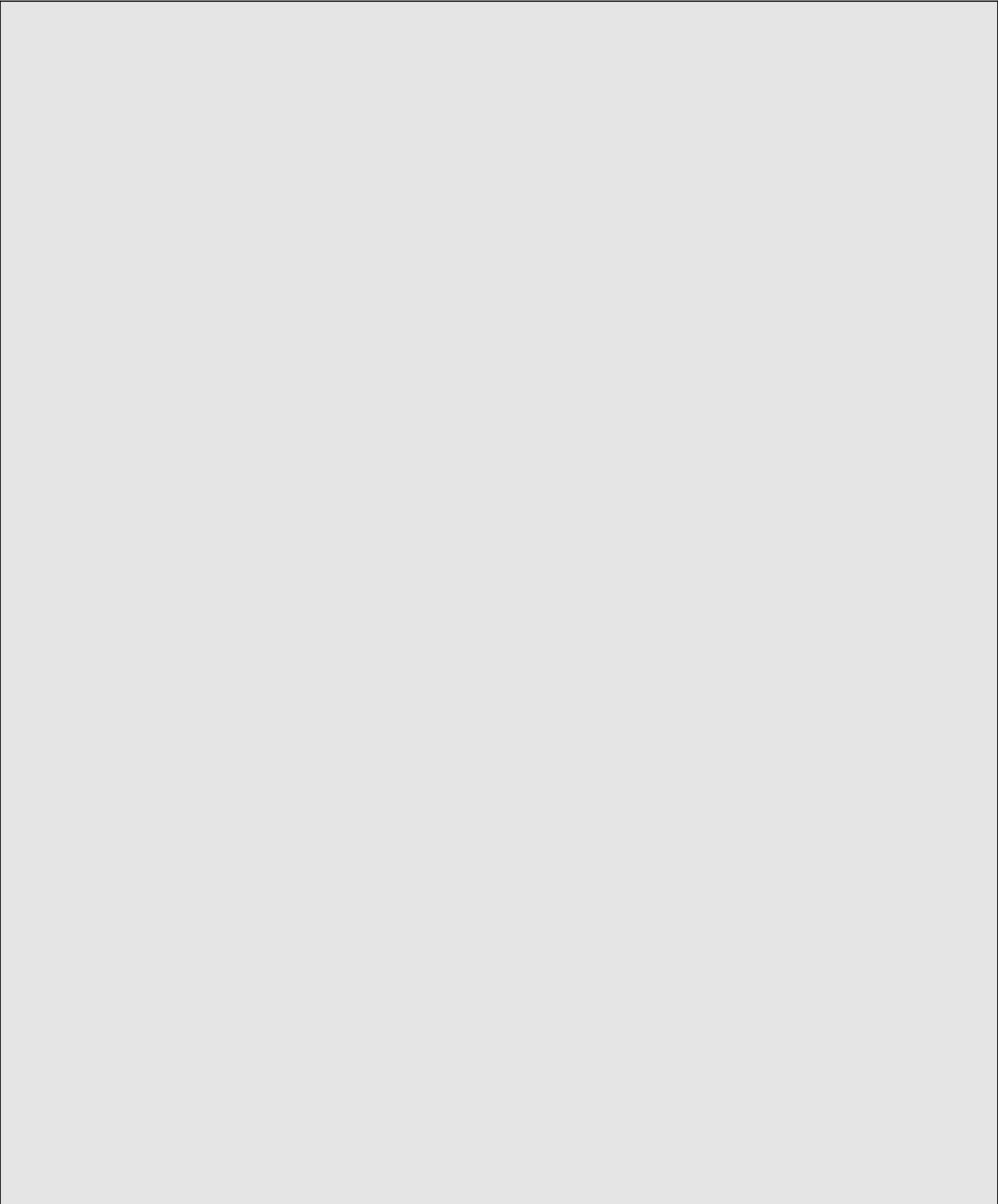
The toy’s packaging indicates it is intended for children 1 and one-half to 5 years old. A sticker on the center of the steering wheel reads, “Today’s Kids.” The battery cover, on the side of the green column reads, “MADE IN CHINA.” The bottom of the turntable reads, “MADE IN U.S.A.” Customers should look for model number 916, Item 495406447 and Universal Price Code 022983009160.

The company has issued instructions for obtaining a free replacement spinning toy. Consumers should remove the bolt from the bottom of the spinner and throw away the washer found on the bolt, so a child can’t choke on it. Next, unscrew the battery cover and cut the ribbon attaching the cover to the column of the toy. For safety reasons, keep the

batteries out of a child’s reach and throw the rest of the toy away immediately. Finally, wrap the removed bolt and the battery cover in a single piece of paper and place in a standard envelope. Send it to: Today’s Kids, 13630 Neutron Road, Dallas, Texas 75244.

Customers in the United States must use 44-cent postage on the envelope, and overseas customers should use correct postage. Upon receipt of this envelope, the supplier will send you a confirmation letter with a newly minted, gold-colored \$1 coin to defray the costs you incur for shipping these parts back to the supplier. Then, in approximately late August they will send you a new spinner.

For more information about the recall, call (800) 916-TOYS Monday-Friday from 8 a.m.-5 p.m. or visit the company’s web site at: www.todaykids.com.



Sports and fitness

Motorists can share streets safely with bicyclists, joggers

Master Sgt. Vincent C. Dotson
*325th Fighter Wing
ground safety craftsman*

With the arrival of warm days and nights, many bicyclists and joggers will be sharing our roads and streets. As motorists, we must make an effort to be aware of both bicyclists and joggers. Unless we see them, especially at night, bicyclists as well as joggers may be injured.

Bicyclists and joggers alike must be aware that it's critical to their safety that motorists see them.

Wearing a reflective belt or vest or highly reflective clothing greatly increases visibility. Riding a bicycle properly equipped with a headlight, rear reflector and reflective clothing adds to the bicyclist's visibility. The

Heightened awareness by motorists, enhanced by bicyclists' and joggers' "high profiles," will enable all of us to share the streets safely.

same is true for joggers. Joggers can wear brightly colored clothes, reflective belts or reflective clothing. This will make them more visible during the hours of darkness or low light. At the same time, motorists must be responsible as well. Be alert — not only to comply with the Florida traffic law, which requires drivers of motor vehicles to treat bicyclists the same as any other four-wheeled vehicle, but also because you care about the safety of others. Common sense on the part of bicyclists and joggers will improve their personal safety. Heightened awareness by motorists, enhanced by bicyclists' and joggers' "high profiles," will enable all of us to share the streets safely.



1st Lt. Catie Devlin

Lisa Carroll, 325th Communications Squadron visual information photographer and graphic artist, left, and 1st Lt. Lori Vessels, 325th Maintenance Squadron chief of quality assurance evaluators, use Tyndall's roads to complete their cross-training workout in preparation for the Marine Corps Marathon in October.

Intramural men’s softball		
Team	Wins	Losses
Falcon league		
325 OSS	15	2
1 FS	12	3
325 MDG	9	4
325 SFS	8	3
325 TRS 1	10	5
325 MSS	8	6
SEADS 1	9	6
325 COMM	9	7
325 MXS 1	8	7
2 FS	4	11
95 FS	3	14
325 MXS 2	1	13
83 FWS 1	0	15
Federal league		
AFCESA	14	3
325 LSS	14	2
TW	11	7
RHS	14	3
325 CES	11	4
325 SVS	11	6
CONS	8	10
53 WEG	6	11
CONR	4	10
83 FWS 2	4	13
SEADS 1	3	15
325 TRS 2	0	17

Intramural women’s softball		
Team	Wins	Losses
Eagle league		
325 OPS GP	4	0
325 MDG	3	1
NCOA	1	3
325 COM	0	4

Intramural golf	
Squadron	Score
CONR 1	57
AFCESA	56.5
325 MXS	53.5
325 SVS	47
325 CES	55.5
325 MSS	48.5
325 TRS	51
SEADS	40.5
325 OSS	35.5
TEST 1	32
325 LSS 1	36
325 SFS	21
82 ATRS	21.5
RHS	21
CONR 2	20
83 FWS	22.5
81 TSS	15
325 COM	15.5
CONR 3	13.5
372 TRS	11
LSS 2	3.5

Tips for exercising safely

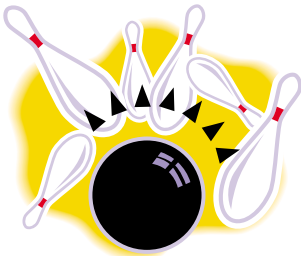
●**Warm up/cool down** — The periods before and after exercise are critical times for preventing unnecessary pain and injury. By “warming up” for five minutes prior to exercise with gentle activities like running in place, you can increase blood flow to inactive muscles and gradually raise your heart rate to its target zone. Similarly, you can gradually lower your heart rate to its resting rate by walking for five minutes after exercise.

●**Stretch** — Gentle static stretching is actually part of the warm-up/cool-down process. Stretching before exercise limbers tight muscles and improves joint flexibility, thereby reducing your risk of sprains and tears. Concentrate on stretching those muscle groups used in your particular activity. Static stretching for a few minutes after exercise is also recommended to prevent muscle soreness.

●**Use the right equipment** — Improper equipment — worn shoes, an ill-fitting bike, etc. — can cause more harm than is generally realized. Always check your equipment before and after your activity. Replace or repair equipment immediately, if needed.

●**Use safety devices** — Each activity carries its own risks. While some safety gear may feel awkward or “look funny,” keep in mind that these minor inconveniences far outweigh the risk of injury.

Bowl a few frames at *Raptor Lanes*



Hours of operation
Monday-Wednesday:
10 a.m.-10 p.m.
Thursday: 9 a.m.-midnight
Friday: 10 a.m.-2 a.m.
Saturday: 9 a.m.-2 a.m.
Sunday: 1-8 p.m.

Sports shorts

●**Children’s sports physicals** — The 325th Medical Group is offering a special clinic for school and sports physicals 10 a.m.-6 p.m. Thursday and July 28 in the pediatric clinic. Children attending school in the state of Florida for the first time, or children who plan to play on any school sports team, need to have a current physical exam. All military beneficiaries are invited to come in and be seen. Parents should bring the physical forms and must bring the child’s shot records. Immunizations technicians will be on hand to screen the records and provide any immunizations required. To schedule an appointment, call central appointments, 283-2778 or (800) 824-3454. For more information, call the pediatric clinic, 283-7678 or 283-7652.

●**Air Force Marathon** — Air Education and Training Command needs seasoned runners to represent the command in the Fourth Annual U.S. Air Force Marathon Sept. 16 at Wright-Patterson AFB, Ohio. AETC wants to field the best team possible and will choose an entire relay team from one AETC base. If there is enough interest, Tyndall will hold a 10K race in the near future to establish times and a team. The suspense to AETC is Aug. 15, so all interested runners need to respond no later than July 31. To sign up, call Norm Childs, 283-2631. For more information on the marathon, visit the web site at: www.afmarathon.wpafb.af.mil.



